

What is Grief?

First of all, Grief IS NOT depression, but if we do not take the time to grieve well – in a healthy way- it may lead to depression - which is a mental disorder.

Grief -

- Is a NORMAL process and experience of life.
 - Depending on age, people see (understand) loss and grief differently.
 - 2-6 years sees
 - Death is temporary and reversible
 - It's something that happens to other people
 - The person is "broken" but they can be fixed
 - "It's my "fault" mommy died – because of me.
 - 4 years and older sees
 - Very curious about death and will want to "touch" and feel the deceased
 - 6-9 years believes:
 - Good behavior will bring grandma back
 - Death is permanent and won't change
 - Death happens to other people – not me
 - 9-12 years believe that
 - Everyone will eventually die
 - Very strong tendency toward denial
 - Very interested in what happens after death
 - Begins to form ideas about after death experience

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Grief is an INDIVIDUAL **process** and it is not helpful to COMPARE:

- Lots of factors influence the grief experience:
 - Age and maturity level of the grieving person
 - Relationship with the deceased
 - Family history of loss and traumas
 - Culture and Traditions-Values- Practices, etc.
 - Individual personalities and experiences

Facilitator:

- **Invite client(s) to share their thinking and experiences with:**
 - **Age and maturity level of the grieving person**
 - **Relationship with the deceased**
 - **Family history of loss and traumas**
 - **Culture and Traditions-Values- Practices, etc.**
 - **Individual personalities and experiences**